

MANASQUAN INDOOR SOCCER TRAINING

6 Weeks - Age Group Schedules:

THURSDAYS – 2/10, 2/24, 3/3, 3/10, 3/17, 3/24

- 5:00-6:00PM: **K-1 Coed** (Maximum 16 players)
- 6:00-7:00PM: **2-4 Coed** (Maximum 16 players)
- 7:00-8:00PM: **3-5 Coed** (Maximum 16 players)

Where: St. Denis Gym – 90 Union Avenue, Manasquan

Space is limited! Sign up today!

Session Format:

- Objectives: Improve dribbling/ball control, passing/receiving, defending and attacking
1v1s/2v2s/3v3s
 - Technical Warm-Up
 - 2-3 Game Related Activities
 - Small Sided Games

Soccer Trainer: Joe Mitchell – Manasquan Soccer Director, USSF 'D' License & USC Premier Diploma

Registration

Player Name: _____ **Grade:** _____ **D.O.B:** _____

Address: _____

City: _____ **Cell Phone:** _____

Email(s): _____

Cost: \$70

Make checks payable to **Manasquan Recreation**

Mail registration and checks: Manasquan Recreation – PO Box 127, Manasquan, NJ 08736

Release and Waiver: I assume all risks associated with this recreation program. I release the following from any and all liabilities related to this program: Manasquan Recreation Commission and its members, employees and volunteers. The Borough of Manasquan and its departments and employees. The Manasquan School District and its employees and representatives. I waive any claim that I may have that is related to these liabilities. I make this release and waiver in consideration of the acceptance in my

registration form. I have read and understand the terms of this release as well as the risks posed by this activity.

Parent Signature: _____ Date: _____